

BATH SALTS

WHAT YOU NEED TO KNOW

What are they?

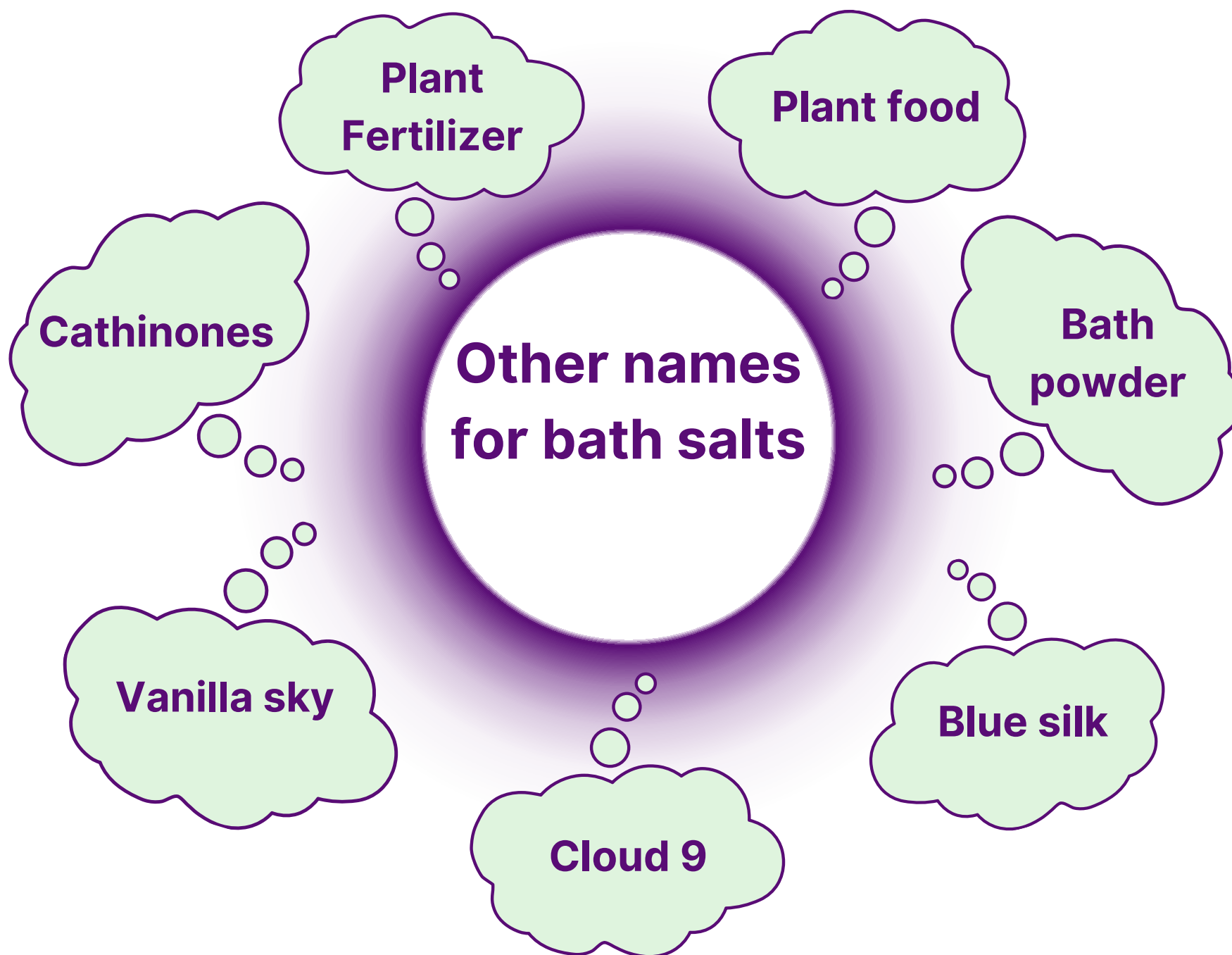
Bath salts are stimulants



Bath salts are not meant for bath water! They are a group of illegal substances called **synthetic cathinones**. They produce a stimulating and euphoric (mind-altering) effect, similar to meth and cocaine.

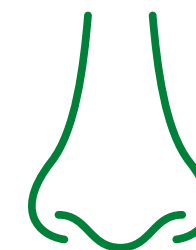
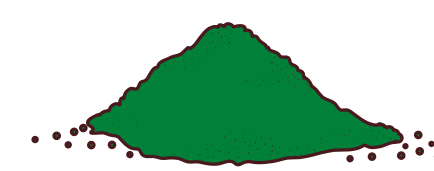
Bath salts get their name from their powder form, which looks similar to salts used for bathing (e.g. epsom salts). They may also come as a capsule, tablet or in small foil packages.

Other names for bath salts



How are they used?

Bath salts can be taken orally, snorted, smoked, or injected.



What are the effects?



Bath salts can make it hard to get to sleep. They may also lead to psychosis and aggression.



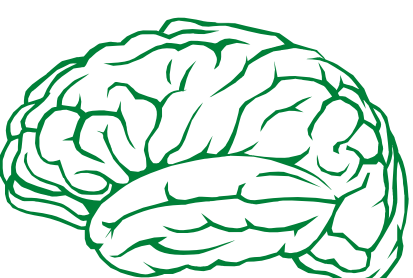
High doses of bath salts can over-excite the brain, leading to tremors and even seizures.



Bath salts can raise heart rate and blood pressure dangerously high. Long term use raises the risk of a heart attack.



Tremors can cause muscle aches the next day. It may damage muscle fibres.



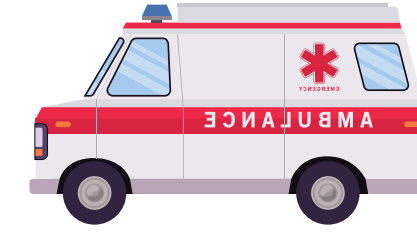
Bath salts can increase body temperature, leading to sweating. It can make sweat smell like cat urine.



Long term use of bath salts can affect the ability to concentrate and lead to regular mood changes.

BATH SALTS

When do you seek emergency help?



Overdose or poisoning: Taking too many bath salts, or combining them another stimulating substance (e.g. cocaine).

Signs: Delirium (confusion or not knowing surroundings), aggression, fast heart rate, hyperthermia, and seizures.

Get help right away! Bath salt overdose or poisoning is a medical emergency.

Did you know?

Bath salts may be mislabeled as plant food, meant for bathing, or not for human use, as a way to conceal them.



How to stay safer

- 1 **Not using bath salts** is the safest choice, though it may not be realistic for everyone.
- 2 **Don't mix!** Mixing bath with other substances can greatly increase the risk of an overdose or poisoning.
- 3 **Plan for safety.** Have a ride arranged for after you use bath salts. Bring condoms if sex is a possibility.
- 4 **Timing matters.** Avoid using bath salts before work, school, or operating a vehicle (e.g. car, ATV), as it can impair your reaction time and concentration.
- 5 **Start low and go slow.** Try a small amount to see how it affects you before deciding to take more.
- 6 **Don't use alone.** Have a friend with you in case you need help.
- 7 **Choose oral.** The oral route minimizes risks associated with injecting, snorting, and smoking, such as damage to the skin, nose, and lungs, and infections.
- 8 **Keep it new:** Infections such as Hepatitis or HIV can be passed through shared needles. Homemade supplies can increase your risk of hurting yourself and getting serious infections (e.g. heart infections).

Naloxone Kits

Naloxone can save a life! It temporarily reverses the effects of opioids that may be mixed into bath salts.

Check out our naloxone instructions [here!](#)



Call 811 to find out where to get a free kit.



For more information visit us at:

www.DECYDE.ca

SWAP provides proper supplies for injecting, smoking, and snorting drugs. To find out more, call or text **709-757-7927**.